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Parenting styles and resilience

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Abstract

One of the effective factors in shaping and growth of resilience is style of parent-child relationship. The present study investigated the relationship between the parenting styles and resilience. Three-hundred-fifty Shiraz University students (235 females and 115 males) were participants of the study. Steinberg's Parenting Styles Scale (2005) and Canner-Davidson Resilience Scale (CD-RISC) were used as measures of the study. Simultaneous multiple regression of CD-RISC total score on the parenting styles subscales, revealed that the "acceptance-involvement" style was significant positive predictor of the resilience, whereas the "psychological autonomy-granting" and "behavioral strictness-supervision" styles didn't had a significant predict power for the resilience.

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Keywords: Resilience, Parenting styles, Psychological autonomy-granting, Parents control.

1. Introduction

In recent years the new line of psychology, under the title "positive psychology" or "post modern psychology" emerged and became popular among psychologists. Positive psychology goes beyond tradition of psychology that focused on abnormality, illness and pathology, and moved toward the scientific study of human strengths and capabilities such as happiness, well-being, hope, resilience and other positive constructs. Resilience is one of the key concepts of this new branch of psychology. Resilience typically refers to the tendency to spring back, rebound, or recoil (Garmezy, 1991) and is defined as a process, capacity, or outcome of successful adaptation despite challenges or threatening circumstances, good outcomes despite high risk status, sustained competence under threat (Garmezy & Masten, 1991). Resilience isn't merely passive adaptation to the stress, challenge or trauma, as we can see in tolerance, recovery or flexibility. Resilient persons are active participants in creating their own environment. Therefore, in recent years, the new wave of research in the field of mental health has focused on predictors of resilience. According to current models of resilience, the factors affecting resilience can be organized as external and internal factors. External factors are extrinsic and generated from outside of a person, and are reflected in the nature and quality of relationships established within and outside the family group. Internal factors are generated

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from within an individual and include Biological and psychological factors. The present study focused on parenting styles as an important external (family) factor.

Darling and Steinberg (1993) conceptualized the parenting styles as a constellation of attitudes toward the child that are communicated to the child, and that, taken together, create an emotional climate in which the parents' behaviors are expressed. According to Steinberg, Lamborn, Dornbusch, & Darling (1992) there are three styles of parenting including: "acceptance-involvement", "psychological autonomy-granting" and "behavioral strictness-supervision". Acceptance-involvement is based on one's perception of amount of paying attention and responsiveness of parents; these parents are warm, firm, involved, and sensitive to their children's changing needs, and set realistic standards and clear rules (Jaffe, 1998). Psychological autonomy-granting parenting styles refer to parent's tolerance against children's opinions, and they use democratic discipline in parent-child relationship also the parents don't push their children to compliant the rules. In behavioral strictness-supervision style, parents shape, control and evaluate the behavior and attitudes of the child in accordance with a set of standards of conduct, usually the absolute standards (Baumrind 1996), and child is not allowed to express his opinions and there is little opportunity to think about situations or employ reasoning (Knight, et al., 2000).

Recent research confirmed the influences of parenting styles on adolescent's mental health (Fletcher, Steinberg, & Sellers, 1999). Parents facilitate positive adjustment of children when they are exposed to threatening and stressful conditions by emotional and behavioral supports (Werner, 1989). Werner and Smith (1982) founded out that the mothers who dealt with their children in a positive way by acceptance, kindness, control and support, in comparison with the children who had not these experiences, showed high or level of resilience. The results of Ritter's study (2005) found that an authoritative parenting style is associated with high levels of resiliency while authoritarian and permissive parenting styles were most often associated with those participants with low resiliency. Authoritative parents are attuned to their child's needs [which] helps the child to master early stage-salient developmental tasks and on that base to build more differentiated, complex capacities needed to master significant environmental challenges (Wyman et al., 1999). Families can also be a risk. Adolescents who grow up in chronically distressed families are likely to develop serious social and emotional problems (Jaffe, 1998), impacting the adolescent's ability to cope with stress.

The goal of present study was to investigate effect of parenting styles on resilience. The main question of the study was which one of the parenting styles predicts the resilience, in positive manner? Also the effect of gender variable in this relationship was examined.

2. Methods

Participants of this study were 350 Shiraz university students (235 females and 115 males) that selected by multi-stages cluster random sampling; from different colleges of Shiraz university. Means age of the students was 21.25 (SD=2.27).

2.1. Measures

2.1.1. Parenting style scale (Steinberg, 2005)

Steinberg's Parenting Scale (2005) is comprised of 24 items scale and comprises there subscales: acceptance-involvement, psychological autonomy-granting and strictness-supervision. The reliability of the measure examined by internal consistency Chronbach alpha method. Alpha coefficient for acceptance-involvement was 0.80, for psychological autonomy-granting was 0.74 and for behavioral strictness-supervision was 0.68. Validity of the measures was investigated by factor analysis method. Result of exploratory and confirmatory factor analysis confirmed the validity of measure for use in Iran.

2.1.2. Connor-Davidson's resilience scale (CD- RISC)

The CD-RISC is a 25 item scale developed by Connor and Davidson (2003) to measure resilience. It uses a five-point Likert response format ranging from zero ("not true at all") to four ("true nearly all the time"), with a total score range from 0 to 100 in present study Persian version of CD-RISC was used. The psychometric properties and the factor structure of the Persian version were examined by Jowkar (2007).

3. Results

The results revealed positive and significant correlations between acceptance-involvement parenting style and resilience (Table 1).

Table 1. Correlation matrix of resilience and parenting styles

Variable	1	2	3	4
Acceptance-involvement	1			
Psychological autonomy-granting	0.06	1		
Behavioral strictness-supervision	0.19**	-0.04	1	
Resilience	0.47**	-0.02	0.12	1

** p<0.001

Simultaneous multiple regression of CD-RISC total score on the parenting styles subscales, revealed that the "acceptance-involvement" style was significant positive predictor of the resilience, whereas the "psychological autonomy-granting" and "behavioral strictness-supervision" styles didn't had a significant predict power for the resilience (Table 2).

Table 2. Multiple regression of parenting styles on resilience

Criterion Variable	Resilience				
Prediction Variables	R	R ²	B	β	P<
Acceptance-involvement			1.27	0.42	0.00
Psychological autonomy-granting	0.44	0.19	-0.08	-0.04	N.S
Behavioral strictness-supervision			0.29	0.07	N.S

The results of analysis t-test showed that the mean score of males was significantly greater than females in the "behavioral strictness-supervision" style. Although, there wasn't significant difference between females and males in acceptance-involvement and psychological autonomy-granting parenting styles (Table 3).

Table 3. Comparison of males and females participants in study variables

Variable	Females		Males		t	P<
	M	SD	M	SD		
Acceptance-involvement	27.42	4.71	26.61	3.94	1.59	N.S
Psychological autonomy-granting	25	7.78	25.21	5.89	0.26	N.S
Behavioral strictness-supervision	20.65	3.24	21.51	3.47	2.03	0.04
Resilience	80.22	13.09	82.88	11.65	1.71	N.S

4. Discussion

Life at times is filled with stress, risks, and adversity which have the potential to sidetrack an individual's development into a happy, healthy adult. What appears to determine the difference between those who continue on successfully and those who do not is resiliency. The results of present study showed there was a positive and significant correlation between acceptance-involvement parenting style and resilience. Warmth, supporting, and child-centred parenting style associated with the development of resilience and therefore, could be regarded as a protective factor that may increase the ability to overcome negative life events and crisis. These parents have gained

the knowledge of suitable behaviour toward children, showing more understanding and unanimity relative to their children's needs; so parents help children to be hard in stressful conditions of life by making a positive and close relationship with children and increasing resilience in them. In fact, individuals within the high resiliency rated their relationships with their families positively, indicating not only a sense of cohesion but also acceptance (Ritter, 2005). In relation to gender differences, the results showed there was a significant difference between means scores of females and males in behavioral strictness-supervision, so that the means scores of males is higher than females in this style. The findings of present study provided an additional evidence to support the role of healthy family relationship in empowering adolescents to coping with stress, trauma, and life pressures who experienced.

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